

April Triathlon Training Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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April's Triathlon Tip:

- Do you have a good pair of swim goggles to use during the swim portion of the race? Find a pair of goggles that fits comfortably on your face, and [CLICK HERE](#) for a FREE week coupon for the Doylestown YMCA to practice swimming in their pool.

		1 REST	2 Warm-Up Stretch Video Activity – Time: Run 17	3 REST	4 Warm-Up Stretch Video Activity – Time: Bike-22	5 REST
6 REST	7 Warm-Up Stretch Video Activity – Time: Run-17 & Bike 17	8 REST	9 Warm-Up Stretch Video Activity – Time: Run-18	10 REST	11 Warm-Up Stretch Video Activity – Time: Bike-24	12 REST
13 REST	14 Warm-Up Stretch Video Activity – Time: Run-18 & Bike-18	15 REST	16 Warm-Up Stretch Video Activity – Time: Run-19	17 REST	18 Warm-Up Stretch Video Activity – Time: Bike-26	19 REST
20 REST	21 Warm-Up Stretch Video Activity – Time: Run-19 & Bike-19	22 REST	23 Warm-Up Stretch Video Activity – Time: Run-20	24 REST	25 Warm-Up Stretch Video Activity – Time: Bike-28	26 REST
27 REST	28 Warm-Up Stretch Video Activity – Time: Run-20 & Bike-20	29 REST	30 Warm-Up Stretch Video Activity – Time: Run-16 & Bike-16	<ul style="list-style-type: none"> - Watch and complete the Warm-Up Stretch Video before each workout. - All activity times are in minutes. - Rest days should be taken to allow for proper recovery. - The activities listed on the training plan are not required, but are provided as a method to help prepare for the race. 		

Central Bucks Kids Triathlon Training Plan Overview: